



Family and Community Education Hi-lites

September – November, 2011
(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“Isn’t it wonderful to know that we don’t have to be perfect —
or even very lovely ---to be loved?”

Happenings

September

Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc.) and bring them to Blanket Making, County or to your club meeting.

Send names of new club officers to county president by September 15.

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| 2 | 10:00 am - 9:00 pm | FCE Blanket Making for Project Linus – Extension Office |
| 5 | | Office closed (Labor Day) |
| 13 | 9:45 am | “What Happened the Year You Were Born” and Association Meeting,
Pick up your recipe for the International Luncheon. Install 2012 Officers.
Refreshments: Olney-Sunshine |
| 30 | 10:00 am | Set up Fall Festival |

October

Send Pennies for Friendship, Dollars for Leadership and Dues to County Treasurer. Send one check made out to Montgomery County FCE by October 1.

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| 1 | All Day | FALL FESTIVAL – Extension Office, Please sign up to help! |
| 3 | | Pack up from Fall Festival |
| 2 - 8 | | FCE Week – Celebrate with your family, plan an exhibit or program in the community. |
| 4 | 10:00 am - 3 pm | FCE Blanket Making for Project Linus – Extension Office |
| 6 | 10:00 am | Close Encounters Training – Extension Office |
| 12 | 10:00 am | Close Encounters Goodie Bag Filling – Extension Office |
| 17 - 28 | 9:30 am - 3:00 pm | Close Encounters with Agricultural program, Extension Office,
call Jackie Marsh at the Extension office (301-590-2829) to register. |
| 20 – 21 | | Maryland Annual Conference , Frederick Maryland |

November

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|----|-----------------|---|
| 1 | | <i>Hi-lites and Look What’s Happening</i> deadline |
| 8 | 9:45 am | International Day – “Shank of the Boot” (Southern Italy) |
| 15 | 10:00 am - 9 pm | FCE Blanket Making for Project Linus – Extension Office |
| 22 | 10:00 am | Executive Board Meeting – Hi-Lites Folding Extension Office |
| 24 | | Office Closed (Thanksgiving) |

December

- | | | |
|----|---------|--|
| 13 | 9:45 am | Cookie Exchange and Crafts, Extension Office Garage |
| 15 | | Send yearly reports to State Vice President/Programs |

President's Paragraphs

Fair Booths

Four booths were prepared by Montgomery County FCE members for the Agricultural Fair. Booths on the Blanket Making for the Project Linus, Lead in Your Home, Soil, and Recycling were presented. Thanks to all those that participated in a booth presentation and to those who "manned" the display during Fair week. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.

Membership Challenge

Recruit a new member, put your name and address at the bottom of the form and you will receive a newly designed pin from National FCE as recognition for your effort. Also your name and the new members' name will be entered into a drawing for registration to next years' Regional meetings.

Membership forms are available at the Extension Office, your county or club meetings, in your state newsletter (*Look What's Happening* and on the web. All dues must be sent to **Marilyn Simonds (13708 Lionel Lane, Rockville 20853) by September 30. Dues are \$24.50 for an individual, \$21.30 for seniors (80+) and \$37.50 for a family plus your local club dues. It is the best bargain in town.** Everyone must completely fill out a membership form with signature, middle initial, 9-digit zip and email address. **Please refer to your state newsletter for more details on membership or contact me at 301-384-2805.**

"What Happened the Year You Were Born" September 13

9:45 AM

What was happening the year you were born (and in the 60's, 70's and 80's)? Come relive some nostalgia with us. It will be fun to compare the price of milk, bread and gas over time.

Fall Festival October 1 (Set-up September 30) 10 AM to 6 PM

The **Fall Festival** is fast approaching and have only one day – Saturday – to earn money for the Montgomery College Scholarships. This is our **BIG** money maker and in today's economy, we need all the help we can get. If we do not have enough adults to talk to visitors and tell them about

our projects and our mission, they will walk through and not purchase an item. You don't have to stay all day, in fact some new blood in the afternoon would be a welcome sight. Most of the jobs require sitting so you don't have to be up on your feet. If you have any crafts you have completed and would like to donate that would be appreciated. We will also take old jewelry (even broken pieces as we can fix many of them). We need many, many baked goods; small items like cookies and brownies (If you are baking for the troops would you bake an extra dozen and some brownies for the Festival?) Small breads – carrot, banana, and zucchini also go well. No PIES, please. Call Pat Kenney (301-460-5451) and let her know how you will help with this event!! Set-up is on Friday, September 30 at 10 AM with the actual festival on Saturday, October 1. Since we will be working until 6 PM on Saturday, we will take down and pack up the items and displays on Monday, October 3rd starting at 10 AM. We need the lots of **women** power (bring a friend, husband or child) to make this a successful event.



International Day

November 8

9:45 AM

Shank of the Boot

We are visiting southern Italy. Contact Barbara Raab (301-330-5447) for more information. Recipes will be given out at the September 13th county meeting. Thanks, Barbara. Registration for the luncheon is in the newsletter on page 8.

Maryland FCE Annual Conference

October 20 – 21

(Breakfast 8 - 9 AM)

**Frederick Residence Inn, 5230 Westview Dr,
Frederick, MD 21703 (301-369-0010)**

Be sure to register for the annual conference in Frederick County. In addition to interesting programs and speakers, you will be treated to a dinner theater production of Chicago on Thursday evening. Registration is in you summer Look What's Happening, at the county meeting and on the web. Early bird deadline is September 1. Not coming to the meeting but want to see the show, see the registration form for details.



FCE Blankets for Kids Sew-A-Thon

Don't forget the remaining 2011 dates for Blanket making.

September 2 - Friday 10 AM – 9 PM

October 4 - Tuesday 10 AM – 3 PM

November 15 - Tuesday 10 AM – 9 PM

Bring a sandwich; we will provide drink and dessert. Call Pat @ 301-460-5451 for more information. We are always looking for more yarn. If you know of anyone who has extra, please let us know. No fabric for awhile unless it is plain to use for backings.

Close Encounter Dates

The dates for Close Encounters have been announced. The dates are:

Week 1 October, 17, 18, 19, 20, 21

Week 2 October 24, 25, 26, 27, 28

We will have a sign up sheet at the September meeting or you can call the Jackie Marsh at the Extension office (301-590-2829) to let them know what day you can volunteer.

Hope you can attend the County meetings; we would love to see you. .

Jeanne Perich

Tips to Prevent Falls

From giving you cuts and bruises to causing broken bones and concussions, falls can wreck your health – and rob you of your independence. Here are some simple things you can do around the home to help avoid falling:

- Remove throw rugs
- Keep floor clear of extension and power cords
- Keep rooms well lighted
- Wear rubber soled or low heeled shoes
- Install grab bars in the bathroom
- Install non-slip mats inside and outside the tub or shower
- Move frequently used items to lower shelves



Join us in support of our troops serving in Iraq and Afghanistan

There is something for everyone to do. **You can:**

- Bake cookies and/or brownies
- Provide snack foods
- Write letters to our troops
- Make Christmas stockings
- Make ditty bags
- Knit/crochet helmet liners
- Provide travel size toiletries and travel size dental products
- Provide miniature toys (hot wheel and matchbox cars, McDonald toys, etc.) or Provide monetary donations to help defray postage costs and supplies

(We ship 40 to 45 boxes each month)

For further information contact:

Maddi Klein, Olney 301-774-8088
maddik@comcast.net

Eva Black, Laurel 301-725-7038
mommablack@verizon.net



Do Over?

What would you do over if you could?
Erma Bombeck the writer/humorist wrote:
Spend more time listening – less talking
Spend more time on loved ones – less on work
Spend more time learning from older people in my life - less trying to convince them I already know it all
Spend more time using the stuff I have – less time collecting more
Spend more time participating in life – less watching television
Spend more time having fun – less being practical
Spend more time finding joy – less wishing time would pass more quickly
Spend more time on love and forgiveness - less on anger and insults
Spend more time to get a education – it will last a life time

Chatter from Extension

LOW-FAT AND NON-FAT DAIRY FOODS ARE PART OF A HEART-HEALTHY DIET

There is much scientific evidence showing that a diet that is low in saturated fat and cholesterol and rich in minerals such as magnesium, potassium and calcium as well as protein and fiber, can reduce blood pressure. Low and non-fat dairy foods are an important part of this eating plan because they are high in calcium and protein but low in saturated fat and cholesterol.

Some people have lifelong difficulty digesting milk and are lactose intolerant. For others, it is a condition that appears later in life. Individuals who are lactose intolerant have trouble digesting milk. The small intestine produces less lactase, an enzyme that breaks down lactose, the natural sugar in milk.

Symptoms of lactose intolerance may range from mild to severe nausea, cramps, bloating, gas and diarrhea after consuming dairy products.

Fortunately, you don't have to give up dairy foods completely. There are a number of strategies that may help you to better tolerate milk and dairy foods. For example, you can try drinking a small amount of milk at a time. Sometimes small amounts are better tolerated. Eating dairy foods that have lower lactose content, such as yogurt, aged cheese or buttermilk may also be a good strategy, and for those who truly can't tolerate any dairy, lactose-free milk is readily available at the grocery store and lactase enzyme pills are also available at the drug store.

Most women don't eat enough dairy foods to ensure proper intake of calcium and all the other nutrients that dairy foods provide. You should aim for three servings of low-fat or non-fat dairy foods each day. A serving consists of 8 oz of low-fat or non-fat milk, 1 oz. of hard cheese such as cheddar or Swiss, or 1 cup of low or non-fat yogurt.

If you are trying to switch from whole milk to fat free, it might be easier to switch to 2% first; then after you've become adjusted to that, try changing to 1% and then go to fat free.

Adapted from Strong Women Healthy Hearts, Tufts University.

Rebecca Davis, FCS Educator
301-590-2811
rdavis3@umd.edu

Spicing up Same-old Dishes

We all have oodles of cookbooks but they remain unopened. So let us go on line to see what we can find that will "spice up" our usual recipes.

We shall begin with the big gorilla – www.epicurious.com. This site contains thousands of recipes from back issues of *Gourmet* and *Bon Appétit* magazines. Type in any ingredient from allspice to zucchini then check off any special consideration – like low fat or kid friendly or even meal category – perhaps main dish or dessert. Hit "find recipes". You will be amazed to see all of the recipes plus suggestions from other cooks.

Kids' Site

The Kids' recipes section at www.kid.allrecipes.com is full of user submitted recipes aimed at pleasing young palates, like a chocolate pudding pit covered in gummy worms. There are also recipes for real food like Baked Potato Soup, Breakfast Tortillas, and Buffalo Style Chicken Pizza. Nutrition information is available.

Best Site for Chef Moms

This site www.chefmom.com offers chatty articles on such topics as month ahead menus to cook and freeze, food safety guidelines, and choosing the perfect wine. An added bonus is the online receipt box where you can store your favorites in a printer-friendly format. The Q and A allows you to swap cooking ideas with other moms.

Regional Cooking Sites

The Southern U.S. Cuisine section of *About* (southernfood.about.com) has a lot of subsections ranging from crock pot to Cajun delights. Read about budget meals or down-home dishes. No matter which site you visit you are sure to find something new and exciting to try.

Measuring Tip

Measure spices and herbs into a bowl or cup before adding them to pan. Sprinkling spices and herbs over steam will hasten flavor loss and could result in caking. Always use a completely dry measuring spoon when dipping into a spice bottle; moisture will cause contents to deteriorate by bacterial and mold growth.

What are the differences between soluble and insoluble fiber?

Dietary fiber, sometimes referred to as roughage, consists of the indigestible parts of plant foods. There are two kinds. Soluble fiber dissolves in water; insoluble does not. Both are important for healthy digestion; both can help prevent not only diverticulitis and constipation but also heart disease, obesity, and diabetes.

Soluble fiber expands upon absorbing water in the stomach and intestine and forms a gel that slows digestion. This causes you to feel full and may help with weight loss. Soluble fiber also slows digestion and absorption of glucose, which affects blood sugar levels and sensitivity to insulin – important factors in controlling diabetes. Finally, by interfering with the absorption of dietary cholesterol, soluble fiber decreases LDL (bad) cholesterol in the blood, which helps lower the risk of heart disease. Good sources include nuts, seeds, legumes (lentils, beans, and peas, for example), oat cereals, fruit pectin (found in citrus fruits, apples, pears, apricots, and peaches), and some vegetables, such as carrots.

Insoluble fiber passes through the small intestine without breaking down. It is important for intestinal health because it adds bulk and draws water to the stool, aiding its passage through the large intestine. Good sources include whole grains, wheat and corn bran, popcorn, seeds, nuts, broccoli, cabbage, root vegetables, onions, green leafy vegetables, and fruit and vegetable skins.

Both kinds of fiber are important for health, so try to get the recommended amount from a variety of sources. The recommended dietary intake of fiber for a woman is 25 grams per day for those ages 19 through 50; 21 grams per day for those over age 50. You do not need to worry about getting more of one kind of fiber, unless you are trying to increase your soluble fiber intake to lower your LDL cholesterol.

Some people find it hard to get all the fiber they need in their diets, so they take a supplement in the form of a pill, chewable tablet, capsule, powder, or wafer. The fiber in most of these supplements is psyllium, which is soluble and comes from the seed husks of plants belonging to the genus *Plantago*. (Psyllium is the fiber used in Metamucil and Konsyl.) Other plant based soluble fibers used in

supplements are powdered cellulose, guar gum, pectin, acacia fiber, and wheat dextrin (the fiber in Benefiber). Some supplements use a synthesized fiber, such as calcium polycarbophil (the fiber in FiberCon) or methycellose (the fiber in Citrucel). Many supplements contain some insoluble fiber as well. The amount of fiber in a supplement varies by the product and the form that it is in, so read the label to find out how much you are getting.

Although there is no evidence that the long-term use of fiber supplements is harmful, it is still best to get most of your fiber from whole foods, since they provide many other healthful substances as well. If you take medications, check with your doctor; fiber supplements can lower blood sugar levels and interfere with the absorption of certain medications, especially warfarin (Coumadin), aspirin and some seizure medications.

Many women experience constipation or increased intestinal gas when they raise their intake of fiber – regardless of the source and whether it is soluble or insoluble. The best way to avoid that is to add fiber to your diet gradually, by a few grams each day or two. This allows the gut to adjust to the change. If one source of fiber upsets your digestion, try a different one and smaller amounts. It is Helpful to drink more water.

Celeste Robb-Nicholson, M.D.
Harvard Women's Health Watch

Notes from Frann Peters

A sincere thanks to each of you who joined the group for Fun Day in Gettysburg. We had great weather, fun people, successful shopping, resting and wonderful conversations. And added to that a breezy cool day.

Three student and their teacher from a Frederick High School presented a delightful program about the quilt project they started and about the quilts their school had made. They talked about how they inspired others to participate and how the quilts would be given to wounded Veterans.

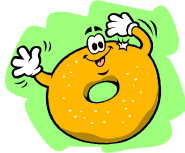
Reminder: The ladies at Laytonsville Haven need toiletries. The Boy's Ranch and Children's Home need our annual school supplies. These supplies are on sale now. Bring them to the September meetings. The boys also need socks, and underwear. Back packs and jump (thumb) Drives are also big hit.

Rx FOR LESS

Get a 30 day supply of some generic drugs for \$4.00 – with no enrollment fees - at Walmart, Sam’s Club, Kroger and Target. Other chains also have \$4.00 programs but may charge fees. Find local offerings at www.medtipster.com.

DOUGHNUT HOLE

If you enter Part D coverage gap this year, you will get a 50 % discount on all brand name and biologic drugs you buy while you are in the gap. Over 10 years, you’ll gradually receive more discounts on generic as well as brands until the gap closes in 2020



EYES

Free exams and a year of follow up by volunteer ophthalmologists are available for certain people over the age of 65. See www.EyeCareAmerica.org.

Apple Filled Snickerdoodles

½ Cup (1 stick) softened butter or margarine
½ Cup plus 3 tablespoons sugar, divided
½ Cup packed brown sugar
1 egg – beaten
1 ¼ Cup All Purpose flour
½ Teaspoon Baking Soda
3 Cups “Apple Cinnamon Oats & O’s Cereal
Crushed to 1 ¼ cups
1 teaspoon ground cinnamon
1/3 Cup Apple Butter or apple sauce
Preheat oven to 350 degrees

Lightly grease sheet. Beat butter, ½ cup sugar and brown sugar in bowl until creamy. Add egg, mix well. Stir in flour and soda. Add cereal, stirring until combined. Combine remaining sugar cinnamon in small bowl. For each cookie, roll one level tablespoon dough into a ball. Roll ball in cinnamon sugar mixture. Place on sheet. Press thumb in center of each to form a well. Spoon ½ teaspoon apple butter into well.

Bake 10 to 12 minutes or until brown. Let stand one minute before removing to wire rack to cool. Yield 2 ½ dozen.

Pecan Sandies Cookie Dessert

Layer Pecan Sandies Cookies in a 9 x 13 baking dish. Mix one 16 ounce Cool Whip and one can of 20 ounce crushed pineapple and one 8 ounce container of Sour Cream with two packages vanilla INSTANT pudding mix. Mix well. Pour over cookie layer. Chop pecans on top. Refrigerate over night. Expect raves!!

Planting for Year-Round Color

Perennials, shrubs and trees do more than provide color, fragrance, foliage and filler for the garden year after year. Choose your plants so you can have color all year-round. Many perennials have a two- to three-week heyday of high bloom and then retreat into foliage. The following list is a beginning for your garden.



Fall and Late Fall	Fall-blooming bulbs
New York aster (<i>Aster novi-belgii</i>), Zones 4-8	Sedum 'Autumn Joy', Zones 3-10
Blue sage (<i>Salvia azurea</i>), Zones 9-10 (stalks are wispy; flowers are sky blue in color)	Mexican bush sage (<i>Salvia leucantha</i>), Zones 10-11 (bursts into velvety purple flowers)
<i>Caryopteris</i> , Zones 6-9	Winter
Foliage shrubs and trees, i.e. sumac, sassafras, red maple.	Berries of evergreens, deciduous hollies, Hawthorne, etc

“A house is not a home unless it contains food and fire for the mind as well as the body.”

Benjamin Franklin

Montgomery County Association FCE Association Meeting April 12, 2011

Fourteen members were present. Call to Order, Creed and Pledge presented. Minutes approved as presented in newsletter.

Finances, Marilyn Simonds: We have \$4,364.03 in the scholarship fund. We must keep \$2000.00 in that fund so that we do not have to pay a bank charge. The General Fund has \$11,188.54. In June we will have to send in the scholarship funds. Then we will have to take money from the general fund to replace the scholarship funds that we used.

Spring luncheon, Doris Lyerly: The luncheon project is well underway for May 15th. We will be making a necklace as part of the "bling". The menu is chicken salad with cranberries, mustard greens, home-made rolls, and cupcakes. Note: We need wicker plate holders – about 20 of them. Please bring them to the luncheon and be sure your name is on the bottom. Sign up today to attend for \$15.00. A signup sheet is being distributed. Set up is Friday at 10 am.

President, **Jeanne Purich:** Reminder: Bring Books for Newborns to the luncheon and a six pack flat of annual flowers for Laytonsville Haven.

Laytonsville Parade Walk - The walk this year will be on May 21st, a Saturday. The route is about one mile. Grandchildren are welcome. Last year we had a couple of children who went into the crowds to distribute handouts and fliers. It was suggested we wear red colored tops.

Fun Day, Frann Peters: Fun day will be June 16th at Frann and Jack's Gettysburg home. The cost is \$10.00. Bring a friend. Students from Frederick High School will present the quilts they have made. Note: Husbands are welcome!

Special Project, Pat Kenney: The Harvest Festival first planning meeting was held. Some new things have been added. A corn maze is planned for this year. Please save stuffed animals, Happy Meal Toys and any little prizes you might find. While at the planning meeting Pat will make sure the stopping time for that day is clearly stated. We need about 250 grab bags and about 350 lollipops. We have some Character Counts Pencils to donate. The Blanket Making project for Linus Project will no longer have to sew on two labels nor add a blue paper tag.

Another special project, Barb Raab: Mr. Nathaniel Andrew May is a young man who has put in 431 community hours. He has a 4.1 grade average. He needs money for books. At present he is working at a nursery off of Rt. 27 in addition to his community hours.

Motion: Pat Kenny made a motion we fund \$250.00 out of our General Fund toward the books for Nathaniel Andrew May as he attends Montgomery College. Doris Lyerly seconded the motion. The motion passed unanimously.

International Day, Barb Raab: The Shank of the Boot will be our next project. We will discuss the eastern portion of Italy, Rome, The Vatican, Florence, Napoli and the Volcanoes.

Request: Ginny Hagberg requested we save paper towel rolls for her for the Christmas craft. No toilet paper rolls, please

Meeting adjourned.

Respectfully submitted, Judy Armitage

The Game That Keeps You Young

Sure, you could win a jackpot playing bingo, but the bigger prize may be what it does for your health. Research shows that social games may help keep people young.

A study of nearly 1,000 people revealed that increased social activity -- things like going out to eat with friends, taking trips, and, yes, playing Bingo -- decreased the risk of injury and disability in a group of older adults. So start playing!!!

From: **Relation of late-life social activity with incident disability among community-dwelling older adults.**

James BD, Boyle PA, Buchman AS, Bennett DA.

Rush University Medical Center, Room 1038, 600 South Paulina Street, Chicago, IL 60612

Registration for International Day due by October 31, 2011

Send \$4.00 per person to:

Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853

NAME

PHONE #

FIRST CLASS MAIL

University of Maryland Extension
Montgomery County Office
18410 MUNCASTER ROAD
DERWOOD MD 20855

